

Curriculum Vitae

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1. EDUCATION

Doctor of Medicine (MD)

August 2026 - Present

Temerty Faculty of Medicine

University of Toronto, Toronto, ON

Bachelor of Health Sciences (Honours) (BHSc)

September 2022 - April 2026

Specialization in Global and Population Health

Queen's University, Kingston, ON

Training and Certifications

May 2025

LivingWorks SafeTALK Suicide Prevention, LivingWorks Education

September 2024

Accessibility for Ontarians (AODA) Training Suite: Human Rights 101, Access Forward, and Accessible Customer Service, Queen's University, Human Rights and Equity Office

August 2023

LivingWorks START Suicide Prevention, LivingWorks Connect

August 2023

Introduction to Health Equity, National Collaborating Centre for Determinants of Health & Public Health Ontario (NCCDH)

July 2022

Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (TCPS 2: CORE 2022), Panel on Research Ethics, Certificate ID: 0000831914

July 2022

Good Clinical Practice (GCP) - Research Coordinator/Assistant Version 2, Collaborative Institutional Training Initiative (CITI), Course ID: 49964279

June 2021

Principles of Healthy Child Development (Grade C), HIGH FIVE®, Certificate ID: 616755

2. EMPLOYMENT

Current Appointments

June 2026 - Present

Administrative Assistant

Help a Girl Out (HAGO) (Charity), Mississauga, ON

- Provided administrative support to HAGO's Executive Director by coordinating calendar scheduling, monitoring organizational emails, maintaining Google Drive files, and completing accurate data entry to support smooth day-to-day operations.
- Supported office and program operations by assisting with stakeholder follow-up, record maintenance, and general administrative tasks in alignment with HAGO's mission to advance menstrual equity through access, education, and empowerment.

- September 2024 - Present **Lead, Inclusion, Transform (LIT) Program Peer Facilitator**
Student Experience Office, Queen's University, Kingston, ON
- Facilitated anti-oppression and allyship workshops using an intersectional, community-based lens to empower cohorts of 15-30 students to challenge forms of oppression on campus.
 - Encouraged participants to recognize their positionality and engage in leadership-level activism to foster a more inclusive university environment.
- September 2024 - Present **Equity Ambassador**
Undergraduate Admissions and Recruitment, Queen's University, Kingston, ON
- Co-delivered 25+ presentations and workshops to first-generation and equity-deserving students, encouraging the pursuit of post-secondary education and empowering access to higher education.
 - Represented Queen's University Undergraduate Admissions and Recruitment by fostering connections with prospective applicants and their families through webinars, workshops, and community programming attended by 10-30 students.
 - Advocated for education equity by sharing personal experiences and providing holistic support from a student perspective during student panels and Q&As.
 - Collaborated with a diverse team of 10 Equity Ambassadors to promote inclusive outreach and improve access to post-secondary education for underrepresented communities.
- March 2024 - Present **Personalized Learning Instructor**
JonAyves Learning Club, Toronto, ON (Remote)
- Delivered weekly one-on-one virtual tutoring and assessments to 10+ K-12 students, designing tailored learning plans to address individual educational needs.
 - Utilized innovative and personalized strategies to bridge educational gaps, fostering academic growth and confidence in students.
- Previous Appointments**
- May 2025 - April 2026 **Gender-Based Violence Intervention & Bystander Intervention Program Student Lead**
Sexual Violence Prevention and Response Services, Student Experience Office, and Career Services, Queen's University, Kingston, ON
- Co-facilitated 30+ interactive workshops for groups of 15-60 students, equipping participants with tools to recognize, respond to, and prevent sexual and gender-based violence through discussions of consent, healthy relationships, bystander intervention, and survivor support.
 - Led, trained, and supported a team of 15 student facilitators, fostering their growth as educators and ensuring workshops were delivered through an equity-focused, trauma-informed lens.
 - Oversaw program operations, including workshop scheduling, outreach, and administrative coordination, ensuring consistent delivery and smooth day-to-day functioning of the program.
- February 2024 - January 2025 **Period Product Support Program Coordinator**

Help a Girl Out (HAGO), Toronto, ON (Remote)

- Managed +2000 applications for a Canada-wide initiative providing a three-month supply of free period products to individuals in need.
- Created weekly shipping labels and distribution lists, ensuring accurate and timely delivery of 30-70 period product kits to program participants.
- Conducted follow-ups with applicants to assess satisfaction and address any concerns, enhancing program accessibility and impact.
- Contributed to advancing menstrual equity by combating period poverty and making essential products accessible to underserved communities.
- Led a survey-based research initiative evaluating the effectiveness of a menstrual product support program, creating research questions, distributing surveys, and analyzing outcomes to produce a comprehensive report.

September 2024 - May 2025 **Gender-Based Violence Awareness & Bystander Intervention Peer Facilitator**

Sexual Violence Prevention and Response Services, Student Experience Office, and Career Services, Queen's University, Kingston, ON

- Delivered 15+ workshops curated by Queen's Student Experience Office and Sexual Violence Prevention and Response Services to educate peers on the importance of consent, anti-oppression, and building healthy relationships.
- Advocated for gender-based violence prevention by fostering awareness and equipping participants with practical tools to become active bystanders and community leaders.

May 2023 - August 2024 **Summer Research Student (Sung Lab)**

The Hospital for Sick Children (SickKids), Toronto, ON

- Recruited 50+ patients for 2 clinical studies in inpatient and outpatient cancer wards, obtaining informed consent and adhering to ethical protocols.
- Reviewed patient charts in Epic to assess eligibility, extract medical data, and input information into REDCap and Excel-based collection logs.
- Conducted virtual and in-hospital follow-ups, ensuring accurate data entry and verifying records entered by clinical research teams.
- Collaborated on qualitative coding, synthesizing insights from clinical data, and maintained strict confidentiality of participant information.

June 2022 - August 2022 **Summer Research Student, Student Advancement Research (StAR) Program (Sung Lab)**

The Hospital for Sick Children (SickKids), Toronto, ON

- Conducted a literature review on the impact of language barriers in pediatric cancer treatment, contributing to ongoing research in supportive care.
- Organized and presented research findings to a group of 25 SickKids researchers, students, and associates, enhancing academic communication skills.
- Assisted in data collection by documenting patient interviews, supporting the study's research process and ensuring data accuracy.

August 2021

Relief Camp Counsellor

CampTO, City of Toronto, Toronto, Ontario

- Created a positive and engaging environment by leading activities, games, and crafts for groups of 10-15 children aged 4-12 years, fostering a fun and interactive atmosphere.

June 2021 - August 2021

Mentee at Summer Mentorship Program

University of Toronto, Toronto, Ontario

- Collaborated with a 5-person research team to explore the impact of residential school attendance as a social determinant of Indigenous health, culminating in a literature review and presentation that earned first place from a 7-member panel of faculty, graduate students, and researchers.

June 2020 - August 2020

Camp Instructor, Pedalheads Bike Camps

Toronto, ON

- Taught 50+ children (ages 4-7) to ride bicycles by leading engaging skill-building activities, supervising camper progress across multiple cohorts, and ensuring safety through timely first-aid response and clear communication with parents.

3. VOLUNTEER & EXTRACURRICULAR

Current Appointments

July 2023 - Present

Co-President & Director of Research & Database

Queen's Cancer Kids First (QCKF), Kingston, ON

- Co-founded Queen's Cancer Kids First (QCKF), organizing community events, care packages, and educational resources to enhance the quality of life for pediatric cancer families.
- Led a team of 30 members to curate family-friendly articles and create a research database focused on patient-centred issues in pediatric cancer care to support family education.
- Developed leadership skills as Co-President, overseeing onboarding, training, and facilitating communication across committees to expand QCKF's mission and collaborate with external organizations.

Previous Appointments

September 2025 - April 2026

Immigrant Healthcare Access in Kingston Thesis Project, Discovery (DISC) Labs

Queen's University

- Designed and executed a full research study by conducting a scoping review (20+ articles), developing a proposal, recruiting 55 participants, and co-conducting 21 semi-structured interviews.
- Performed qualitative thematic analysis and translated findings into manuscripts and posters to support proposals to improve primary healthcare access for immigrants and newcomers.

May 2025 - April 2026

African and Caribbean Students Association (ACSA) Dance Team Co-Captain

Queen's University, Kingston, ON

- Secured sustainable funding opportunities to access high-quality dance studio space for 24 weeks in the 2025-26 school year, supporting productive rehearsals in a consistent and inclusive environment.
- Prepared choreography and dancer outreach plans for the 2026 Culture Show, which aims to use culturally-rooted dance to celebrate heritage, foster artistic expression, and engage

100+ members of the Queen's community.

September 2023 - October 2025 **Peer Wellness Coach & Outreach Co-Coordinator**

Health Promotion, Student Wellness Services, Queen's University, Kingston, ON

- Contributed to creative marketing strategies on social media to increase awareness and engagement with the program.
- Provided one-on-one wellness coaching to students, assisting them in setting and achieving personal goals related to sleep, exercise, and reducing sedentary behaviour using Motivational Interviewing and Brief Action Planning.
- Empowered students to adopt healthier lifestyles by offering tailored action plans, fostering confidence, and supporting their journey toward well-being.

September 2024 - May 2025 **African and Caribbean Students Association (ACSA) Dance Team Assistant**

Choreographer

Queen's University, Kingston, ON

- Choreographed dance for the 2025 Culture Show performance, using culturally-based dance to create a platform for artistic expression and share this art form with the Queen's community.
- Contributed to the ACSA Dance Team as a choreographer, fostering a safe and creative space for self-expression while collaborating with team members to deliver impactful performances.

January 2024 - April 2024 **Not-for-Profit Tutor**

Pay-it-Forward (PIFT) Kingston, Queen's University, Kingston, ON

- Tutored K-12 students in science, mathematics, and English, offering flexible, pay-what-you-can services while supporting the Pathways to Education charity to help local youth in low-income communities graduate high school.
- Advocated for equity in education by providing accessible academic support and contributing to the Kingston community through personalized tutoring services and charitable donations.

September 2023 - April 2024 **Administrative Officer**

Queen's Black Academic Society (QBAS), Queen's University, Kingston, ON

- Coordinated meeting schedules for the Executive Team, took meeting notes, tracked action items, and managed documentation for easy access via Facebook Messenger and Google Drive.
- Supported event logistics by booking meeting spaces, maintaining a shared calendar of upcoming events, and assisting the Conference Team with administrative tasks to ensure smooth operations.

July 2021 - February 2024 **General Volunteer**

Help a Girl Out (HAGO), Toronto, ON (Remote)

- Hosted and coordinated the Let the Stories Flow podcast, conducting interviews to raise awareness about menstrual health inequities and period poverty, while sharing personal experiences to challenge stigma.

- Organized and executed public outreach events to promote awareness of period poverty, fostering community conversations and advocating for improved access to menstrual hygiene products.

February 2022 - June 2022 **Mathematics Peer Tutor**

Sir Oliver Mowat Collegiate Institute, Scarborough, ON

- Provided one-on-one assistance with content from Grade 12 Calculus and Vectors (MCV4U) to help facilitate understanding and build students' confidence and skills

January 2021 - June 2022 **Black Student Association Co-President**

Sir Oliver Mowat Collegiate Institute, Scarborough, ON

- Co-led the Black Student Association (BSA) to organize educational school-wide events, raising awareness about Black culture and social justice issues within the Black community.
- Conducted social justice research, created graphic design content for social media, and worked collaboratively with a team to recruit members, delegate tasks, and lead club meetings

4. PEER-REVIEWED PUBLICATIONS

Apolot, J., Tuitt-Barnes, D., Maxwell, O., Haider, A., Higgs, A., Mohammed, F., Patel, H., Lekuti, M., Paur, M., Oluwole, O., Piranthapan, R., & Siddiqui, R. (2025). Barriers to Access: Exploring Treatment Challenges Faced by Pediatric Cancer Patients in Uganda. *Queen's Science Undergraduate Research Journal*, 8. <https://doi.org/10.71044/qsurjvol820254>

Mehrdadi, I., Joseph-Frederick, Z., Petrazzini, A., **Apolot, J.,** Roshdi, A. S., Dhaliwal, N., Sanni, M., Lu, A. D., Dupuis, L., & Sung, L. (2025). Language understanding and preferences when reporting symptoms for pediatric patients receiving cancer treatments and their guardians. *Supportive Care in Cancer*, 33(3). <https://doi.org/10.1007/s00520-025-09296-x>

Lai, N., Al-Abosul, Y., Asgarali, R., **Apolot, J.,** Tuitt-Barnes, D., & Meghdadi, A. (2024, November). Music's influence on cardiovascular parameters during cognitive testing. *QCapsule*, 11(2), 20. <https://doi.org/10.24908/qap.v11i2.17209>

5. PRESENTATIONS

Past Presentations

Chopra, N., Patel, H., **Apolot, J.** (2026, April). *HarThali: Harnessing Blockchain and AI to Transform Food Insecurity and Improve Malnutrition in Dharavi, India* [Hackathon presentation/participant project]. 7th Edition of the Harvard Health Systems Innovation Lab Hackathon: Building High-Value Health Systems: Leveraging AI. Harvard T.H. Chan School of Public Health, Health Systems Innovation Lab. Toronto Hub.

Apolot, J., Tuitt-Barnes, D., Maxwell, & Inikori, R. (2025, October). *Barriers to Access: Exploring Treatment Challenges Faced by Pediatric Cancer Patients in Uganda* [Poster Presentation]. Canadian Conference on Global Health. Halifax, NS.

Chopra, N., Patel, H., & **Apolot, J.** (2025, October). *HarThali: Harnessing Blockchain and AI to Transform Food Insecurity and Improve Malnutrition in Dharavi, India* [Oral Presentation]. Canadian Conference on Global Health. Halifax, NS.

Apolot, J., Tuitt-Barnes, D., Maxwell, & Inikori, R. (2025, April). *Barriers to Access: Exploring Treatment Challenges Faced by Pediatric Cancer Patients in Uganda* [Oral Presentation]. Black Health Student Pedagogy and Research Symposium. Black Health Matters Lab, Dalla Lana School of Public Health. Virtual.

Apolot, J., Tuitt-Barnes, D., Maxwell, & Inikori, R. (2025, April). *Barriers to Access: Exploring Treatment Challenges Faced by Pediatric Cancer Patients in Uganda* [Oral Presentation]. Queen's Science Undergraduate Research Journal Research Symposium. Kingston, ON.

Apolot, J., Tuitt-Barnes, D., Maxwell, & Inikori, R. (2025, April). *Barriers to Access: Exploring Treatment Challenges Faced by Pediatric Cancer Patients in Uganda* [Pre-Recorded Presentation]. BC Children's Hospital Global Health Conference. Virtual.

Nia, S.M., **Apolot, J.,** Belayneh, T.G. (2025, April). *Pre-Departure Curriculum and Its Impact on Ethical and Reflexive Experiential Learning and Cultural Humility* [Pre-Recorded Presentation]. BC Children's Hospital Global Health Conference. Virtual.

Nia, S.M., **Apolot, J.,** Belayneh, T.G. (2025, March). *Pre-Departure Curriculum and Its Impact on Ethical and Reflexive Experiential Learning and Cultural Humility* [Oral Presentation]. 19th Annual Inquiry@Queen's Undergraduate Research Conference. Kingston, ON.

Moar, E., Skinkle, O., McCaw, B., **Apolot, J.,** Cruess, K., Belayneh, T.G., & Benameur, M. (2025, March). *The Perceived Community Impact of International Experiential Learning* [Oral Presentation]. 19th Annual Inquiry@Queen's Undergraduate Research Conference. Kingston, ON.

Apolot, J., Tuitt-Barnes, D., Inikori, R., Maxwell, O., Siddiqui, R., D'Souza, D., Haider, A., & Varty-Higgs, A. (2024, May). *Addressing pediatric cancer disparities in Sub-Saharan Africa: Uncovering determinants and proposing equitable interventions* [Poster Presentation]. PAS 2024 Meeting: Welcoming the Next Gen. American Pediatric Society, Society for Pediatric Research, Academic Pediatric Association, and American Academy of Pediatrics, Toronto, ON.

Accepted Presentations

Nia, S.M., **Apolot, J.,** Belayneh, T.G. (2025, October). *Pre-Departure Curriculum and Its Impact on Ethical and Reflexive Experiential Learning and Cultural Humility* [Oral Presentation]. Canadian Conference on Global Health. Halifax, NS.

6. HONOURS AND AWARDS

Scholarships and Grants

September 2025	Black Student Initiatives Fund. Queen's University, Kingston, ON. <i>Grant of \$2000 awarded to cover studio rentals and costumes for the African Caribbean Students' Association (ACSA) Dance Team.</i>
June 2025	Principal's Student Initiatives Fund. Queen's University, Kingston, ON. <i>Grant of \$3000 awarded to fund airfare for participation in SDG Global Development Public Policy Youth Innovation Challenge (GDPPYI) in Beijing, China.</i>
October 2024	Global Skills Opportunity (GSO) Funding. Queen's University, Kingston, ON. <i>Grant of \$5,000 awarded to students pursuing international learning opportunities. Received to fund cross-cultural research opportunity in Tanzania.</i>

September 2022	Principal's Scholarship. Queen's University, Kingston, ON. <i>Entry scholarship of \$5,000 awarded to students in the top 5% of the competitive admission average for each first-entry undergraduate degree program.</i>
Service Awards	
August 2022	Youth Leadership and Awareness Volunteer Award. Help a Girl Out (HAGO). Toronto, ON <i>Awarded at HAGO's annual gala in recognition of my contributions to HAGO's media campaigns, outreach events, and youth podcast, Let the Stories Flow.</i>
June 2022	Equity Achievement Award. Sir Oliver Mowat Collegiate Institute, Scarborough, ON <i>Acknowledged for dedication to social justice initiatives through leadership in the Black Student Association (BSA).</i>
Academic Awards	
June 2026	Global and Population Health Learning Track Excellence Award. Queen's University. Kingston, ON. <i>Awarded to the graduating students formally registered in the Global and Population Health Learning track, who achieved academic excellence in courses counting towards the track.</i>
October 2025	Dean's Honour List. Queen's University. Kingston, ON. <i>Awarded based on achievement of academic excellence, obtaining a GPA above 3.5 in the 2024-2025 school year.</i>
October 2024	Dean's Honour List. Queen's University. Kingston, ON. <i>Awarded based on achievement of academic excellence, obtaining a GPA above 3.5 in the 2023-2024 school year.</i>
January 2024	1st Place: Healthcare and Sciences Research Case Competition. Health Care and Sciences Research. Queen's University. Kingston, ON. <i>Won first place in a group health science case competition against 50 students at Queen's for a proposal on the use of AI-based health assessments based on social determinants of health.</i>
October 2023	Dean's Honour List. Queen's University. Kingston, ON. <i>Awarded based on achievement of academic excellence, obtaining a GPA above 3.5 in the 2022-2023 school year.</i>
June 2022	Ontario Scholar. Ministry of Education. Scarborough, ON <i>Awarded based on achievement of academic excellence, obtaining an average of 80% or higher in six or more Grade 12 courses.</i>
June 2022	Grade 12 Human Development Award. Sir Oliver Mowat. Department of Arts. Scarborough, ON <i>Awarded based on achievement of academic excellence in Grade 12 Human Development Throughout the Lifespan (HHG4M).</i>
June 2022	Grade 12 Biology Award. Sir Oliver Mowat. Department of Science. Scarborough, ON

Awarded based on achievement of academic excellence in Grade 12 Biology (SBI4U).

June 2022	Grade 12 Chemistry Award. Sir Oliver Mowat. Department of Science. Scarborough, ON <i>Awarded based on achievement of academic excellence in Grade 12 Chemistry (SCH4U).</i>
June 2022	Grade 12 Human Development Award. Sir Oliver Mowat. Department of Arts. Scarborough, ON <i>Awarded based on achievement of academic excellence in Grade 12 Human Development Throughout the Lifespan (HHG4M).</i>
May 2022	Certificate of Excellence (Academics), African Heritage Educators Network, Toronto, ON <i>Awarded in recognition of maintaining a high academic average in grades 9-12 at the annual Black Student Recognition Awards ceremony.</i>
June 2020	Grade 10 Civics Award. Sir Oliver Mowat. Department of Arts. Scarborough, ON <i>Awarded based on achievement of academic excellence in Grade 10 Civics (CHV2O).</i>
June 2020	Grade 10 Drama Award. Sir Oliver Mowat. Department of Arts. Scarborough, ON <i>Awarded based on achievement of academic excellence in Grade 10 Drama (ADA2O).</i>
June 2020	Grade 10 Science Award. Sir Oliver Mowat. Department of Science. Scarborough, ON <i>Awarded based on achievement of academic excellence in Grade 10 Civics (SNC2D).</i>
June 2020	Top Grade Merit Award. Sir Oliver Mowat Collegiate Institute. Scarborough, ON <i>Awarded for maintaining the highest academic average in the grade 10 class during the 2019-2020 school year.</i>
June 2019	Mathematics Award. Sir Oliver Mowat Department of Mathematics. Scarborough, ON <i>Awarded for achievement of academic excellence in Grade 9 Academic Math (MPM1D).</i>

REFERENCES AVAILABLE UPON REQUEST